

# Oregon Grown

Klamath County Extension

With Mrs. Paolina !



## INTRO SLIDE

Hello Students! Welcome to the Oregon Grown classroom with Mrs. Paolina! Here we will learn all about Oregon grown foods and, healthy ways we can eat them!

### \*\*\*TEACHER NOTE:

Key Message: Students understand the products we use everyday start as a natural resource or an agricultural product.

This lesson meets Oregon state Standards: NGSS: 3-LS1-1; SS: 3.10; HE 1.3.3,2.3.1; RI: 3.4; SL 3.3; W: 3.8; Essential Skills: 4, 9

Length: 4 minutes and 40 seconds without pauses for the activity and discussion. Total of approximately 8-10 minutes with activity and discussion pauses.

# Mini Lesson

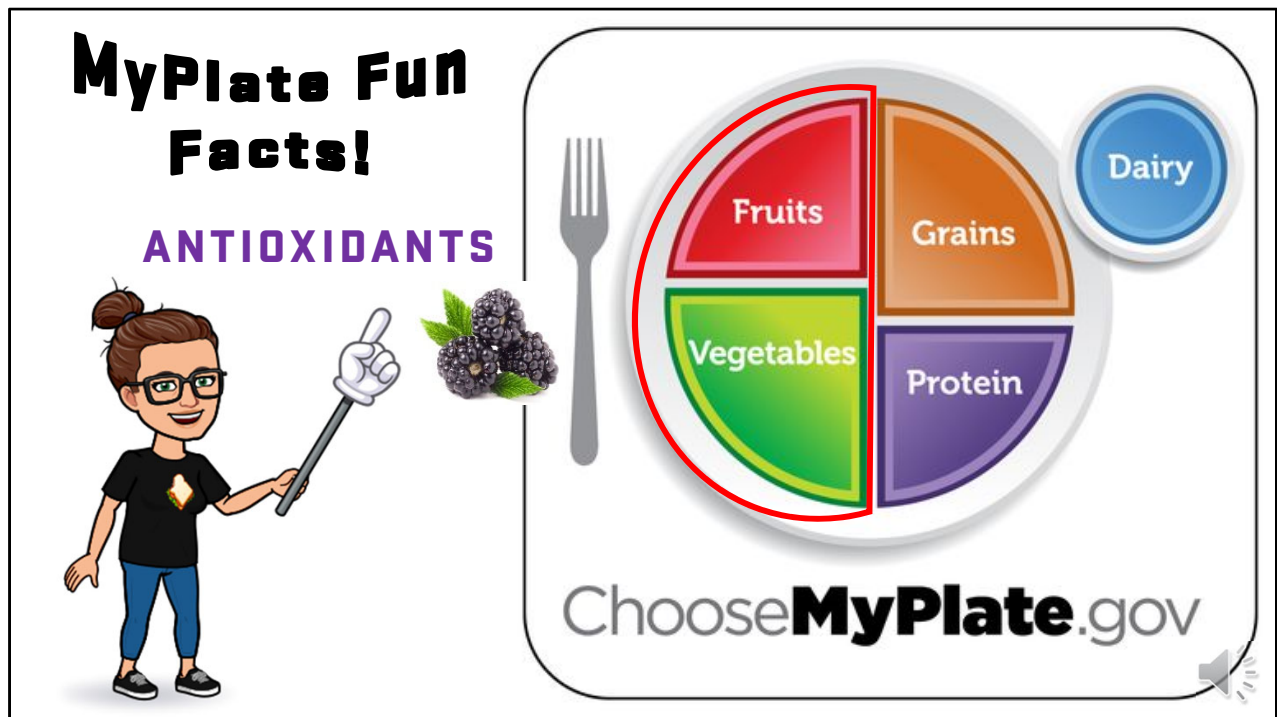


Fun facts and Try it!



## OVERVIEW PAGE

In todays Mini Lesson we are going to look at some fun facts and a recipe you can try at home!  
Are you ready?!



## FUN FACT - MYPLATE

Next up... MYPLATE FUN FACTS!

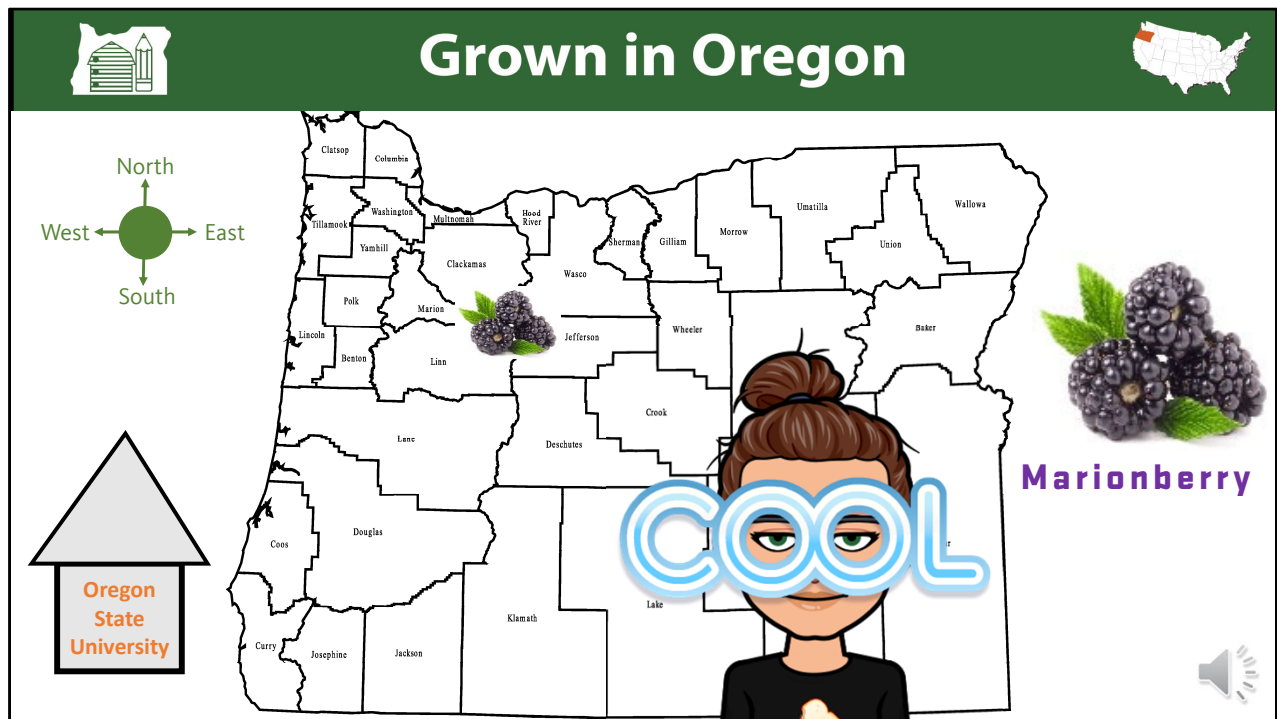
These are Marionberries. Marionberries, are a type of blackberry and are considered a fruit. They are considered a fruit because they have seeds! Blackberries are full of nutrients call ANTIOXIDANTS. Antioxidants can help protect cells in your body and keep you healthy. It is so important that we make half of our plate fruits and vegetables when we eat. This helps our bodies grow and stay healthy!



FARMER FUN FACT – Oregon grown

And now... FARMER FUN FACT!

Oregon produces several types of berries. The Willamette Valley region, the green region you see on the map, is an area known for being Oregon's berry farmland!

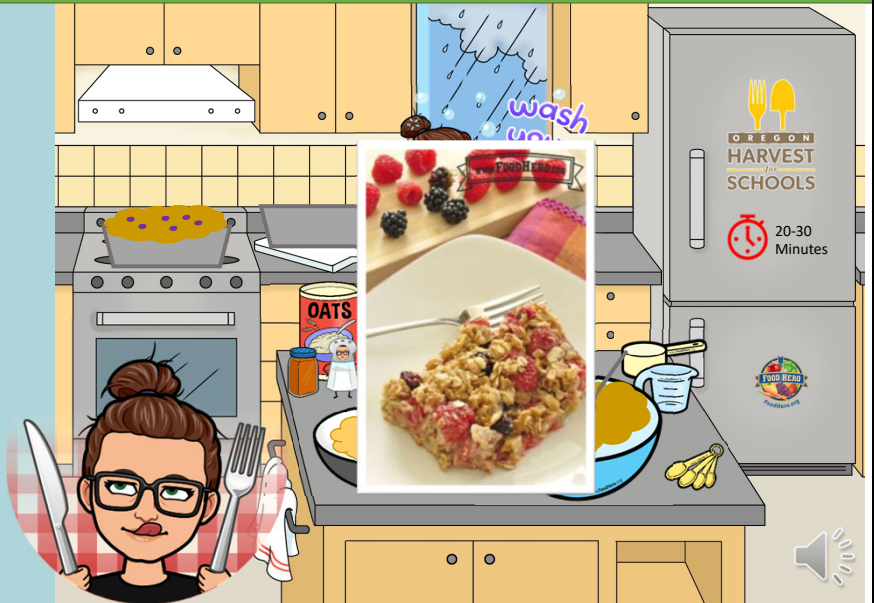


Did you know Oregon State University, that is the college that I work for, worked together as a team with the U.S. Department of Agriculture and created a blackberry called the... Marionberry! The marionberry is a type of blackberry specific to Oregon. There are many types of blackberries but, more than half the blackberries grown in Oregon are Marionberries! The Marionberry got it's name from the county that it was developed in...MARION COUNTY OREGON!

# Try It! BAKED BERRY OATMEAL

## Ingredients

- 2 cups old fashioned rolled oats
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 2 eggs
- ½ cup packed brown sugar
- 1 ½ teaspoons vanilla
- 2 cups nonfat or 1% milk
- 4 teaspoons margarine or butter, melted
- 2 cups cane berries, fresh or frozen (raspberries, blackberries, marionberries)
- ¼ cup chopped walnuts (optional)



Today's recipe I would like to share with you is Baked Berry Oatmeal. This recipe is in celebration of Oregon's Marionberry.

You can watch me make it and see if you want to try it!

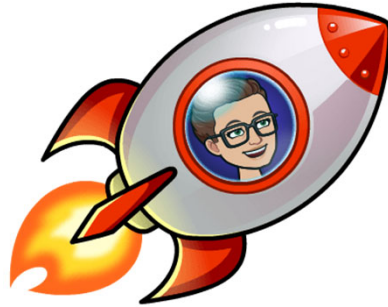
- First, before I do anything, I am going to wash my hands. Next I will preheat oven to 375 degrees F. Never use the oven or stove without an adult around.
- In a medium bowl, I am going to add 2 cups old fashioned rolled oats.
- 1 teaspoon baking powder.
- 1 teaspoon cinnamon
- ¼ teaspoon salt.
- Mix all the dry ingredients until combined. You know it is combined when all the ingredients are one color.
- In a separate bowl I will add 2 eggs
- ½ cup packed brown sugar.
- 1 ½ teaspoons vanilla extract
- 2 cups nonfat or 1% milk
- 4 teaspoons melted margarine or butter, today I am using butter.
- Mix the wet ingredients until all one color.
- Next, I will add the wet ingredients into the dry ingredients and stir until

combined.

- Now Add the marionberries these can be fresh or frozen, stir just a few times.
- Pour mixture into a 2-quart baking dish. Sprinkle with  $\frac{1}{4}$  cup chopped nuts if you would like. You do not have to.
- Put in the oven and set your timer, this will bake in the oven for 20 to 30 minutes or until the top is golden brown.
- When it is done, mmmm delicious!

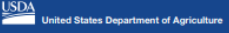

**\*\*\*TEACHER NOTE:** If you have not already received the recipe handout. You can find a printable version on our website located on this lesson webpage under supporting materials.

# See you next time!



Well, that was our mini lesson for the day. Thank you for learning with me in our online Oregon Grown classroom. See you next time!



# AND JUSTICE FOR ALL

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online at [www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf](http://www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

**mail:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

**fax:**  
(833) 256-1665 or (202) 690-7442;

**email:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

**C**onforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo, credo religioso, discapacidad, edad, creencias políticas, venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027. Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en [www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf](http://www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf), en cualquier oficina del USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

**correo postal:**  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; o'

**fax:**  
(833) 256-1665 o' (202) 690-7442;

**correo electrónico:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov).

Esta institución ofrece igualdad de oportunidades.

Form AD-475-S SNAP and FDIR Poster Revised September 2019

Afiche del Formulario AD-475-S SNAP y FDIR | Revisado Septiembre 2019

**\*\*\*\*TEACHER NOTE:** If program delivered in a non-school setting, you must read the script below

Oregon State University's Klamath County Extension Service would like to take a moment to share with you the And Justice For All poster, something we display when we are teaching. It provides non-discrimination information stating that our institution is prohibited from discriminating in accordance with civil rights regulations and policies. For more information see this link -> <https://www.fns.usda.gov/cr/and-justice-all-posters-guidance-and-translations>

This program is partially funded USDA's Supplemental Nutrition Assistance Program.

## Credits Slide (1 of 1)



**Oregon State University**  
**Extension Service**



Project funded, in part, by Oregon Department of Ed Farm to School & School Garden Grant

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Photos Source: FoodHero.org & purchased from Shutterstock, Inc. Empire State Building 350 fifth avenue, 21st Floor New York, NY 10118 (invoice available per request)

Farmer fun facts by: <https://oregonfb.org/2018agweek/> & <https://www.oregon.gov/ode/students-and-family/childnutrition/F2S/Pages/OregonHarvestforSchools.aspx>

Activity Source: Oregon Agriculture in the Classroom Foundation



Oregon Agriculture in the  
Classroom Foundation

